2019-2020

River Forest High School

WHEN LIFE HIT PAUSE...

The 2019-2020 school year at River Forest started out like any other year. People quickly got adjusted to their classes and hung out with their friends. Throughout most of the year, the high school band and choir improved their sound, the art classes became more advanced, the student body showed their school spirit during homecoming week, and the athletic teams worked hard to be the best they could be.

Then, in March of 2020, an announcement was made over the loudspeaker stating that, because of a worldwide outbreak of the virus COVID-19, everyone in the school would be switching to online school for a short period of time -- which later ended up meaning we would be out of school for the rest of the year. Students struggled with adjusting to a completely new way of learning while teachers had to create new ways to teach effectively. Rather than physically being in a classroom, everyone sat at home with their Chromebook and instead used Google Meets to see and hear their teachers and lessons.

This sudden turn of events was especially hard on our senior class of 2020. They had to finish their last year of high school at home. Despite these hardships, the students worked hard to finish their classes, and the teachers worked hard to make sure their students were still benefiting from them without being weighed down with too much stress. River Forest Ingots still found a way to make the most of the school year and enjoy it as much as they could from home. The community is tremendously proud of the seniors and the accomplishments they made even when faced with difficult problems. **Go Ingots!**

Yearbook Staff

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FRESHMEN

Joseph Abernathy

Clayton Aguilar

Citlaly Almaraz

Ashley Alvarez

Jose Alvarez

Vanessa Avalos

Ashton Bailey

Riley Barrios

Devin Bazzetta

Lashana'e Bell

Sha'terry Bell

Destiny Bobczyk

Wriyen Bugielski

Hailey Builta

Lilee Bulthuis

Joseph Burgess

Jesus Camarillo

Erik Carapia

Christopher Castrellon

Connor Cesak

Christian Chavez

Manuel Cintron

Jordan Cleveland

Collyn Coates

Darryll Coleman

Joshua Coleman

Audriana Concepcion

Corrie Covelli

Jamie Cruz

Carlos Cuevas

Gavin Cuevas

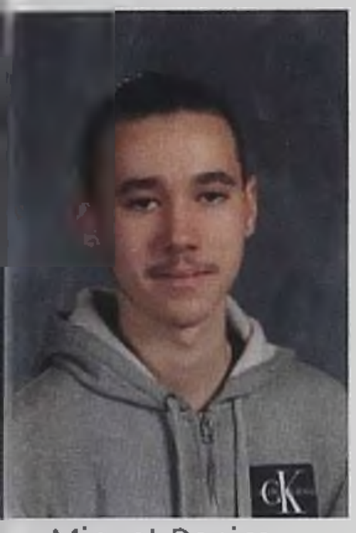
Mekhi Davis

Caleb Deaton

Aiden Domijancic

Xavier Dominguez

Devyn Dotson



Miguel Dozier

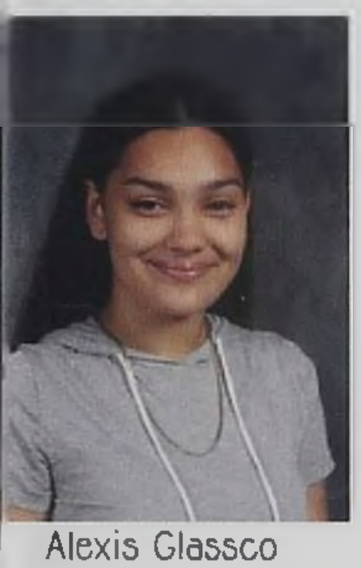
Reece Easton

Liam Ferguson

Kobe Galligan

Anthony Garcia Vargas

Joanne Gilbert



Alexis Glassco

Joshua Gunter

Briar Hall

Amara Harris

Tala Hempe

Isabel Hernandez

Mickayla Herrera

James Hopper

Cameron Hosea

Alarik Howard

Mya Huskisson

Johnnell Hutchinson

Damari Jackson

Nevaeh Jimenez

Jakayla Johnson

Jason Johnson

Jermel Johnson

Dannika Keefover

Freshmen

Jersey King

Josephine Kissel

Kolten Lewis

Selena Lopez

Francis Lucio-smith

Madeline Manning

Austin Manns

Zackary Mcallister

Arieonna Mcgregor

Julian Mckelvey

Vanessa Melendez

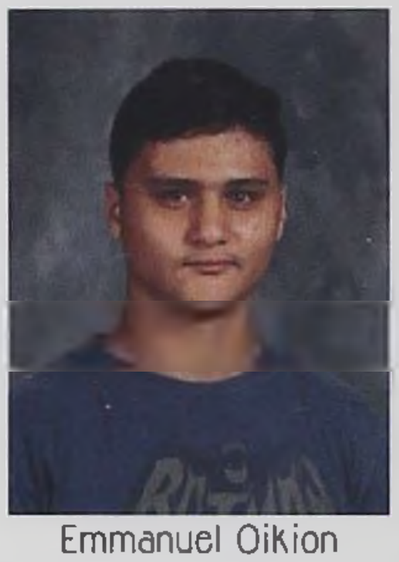
Saul Montes

Natalie Mulholland

Andrea Naranjo

Josielean Nolasco

Emily Obregon


Emmanuel Oikion

Nathan Paceley

Jodee Panozzo

Payton Perez

Angel Andrey Perez Mendez

Mario Pinto-avalos

Cortaysha Pratchett

Noah Putz

Ellie Ralston

Alejandro Ramirez

Eviona Ramirez

Tranika Randolph

Travis Randolph

Anaya Reyes

Liberty Rivera

Noah Robinson

Janet Robles-villarruel

Emily Rodriguez

Carmyne Ruiz Strong

Quentin Samuels

Audrey Saucedo

Emma Servin

Loralye Silver

Alana Simone

Jullian Sivak

Yadhira Soria

Christian Steuart

Andrew Swierc

Ashlee Swierc

Jeffery Szakacs

Jennessa Tidwell

Xavier Torres

Andrew Vargas

Victor Villegas

Charity Virge

Ayana Watts

Madison Whitmore

Justin Wilson

Job Winters

Abigail Witt

Javier Yzaguirre

Jonathan Zepeda

SOPHOMORES

Alondra Aguilar

Alexus Alvarez

Angelyna Arizmendez

Jaymes Arocho

Ella Arts

Evelyn Avalos

Ariana Avila

Amelia Baez

Jeffrey Bailey

Matthew Bare

Jose Bautista-martinez

Chavel Bowen

Ross Bray

Megan Bucko

Justin Bunsen

Jeffrey Burgess

Adrian Cerda

Maria Cervantes

Kira Chance

Kastine Cheek

Nathan Colon

Eliezer Concepcion

Creshana Conley

Eduardo Contreras

Cindilyn Cordero

Michael Cozart

Alexcis Criswell

Jacob Daniels

Jasmine Daniels

Jayden Davenport

Aaron Devine

Noah Dills

Eathan Faust

Lillian Ferguson

Andrea Flowers

Destinee Freeman

Samiah Garcia

Alexis Gasaway

Jaelynne Gilbert

Gabriella Grubermann

Damien Guzman

A'mya Hall

Hayden Hall

Isaiah Henderson

Isis Henderson

Serena Hernandez

Andrea Herrera

Amaya Howard

Dennis Hurn

Deon Hurn

Audrey Huskisson

Isaiah Iniguez

Ashayla Jackson-rice

Seth Janiszewski

Cameron Jansen

Caleb Johnson

Tyson Jones

Ellen Keil

Nathan Keil

Christopher Kinman

SOPHOMORES

Tyler Lockhart

Da'marion Mabone

Claudia Martinez

Yasmin Martinez

Evelis Medellin

Elias Merced

Katrina Miller

Trenton Miller Sexton

Jacob Mock

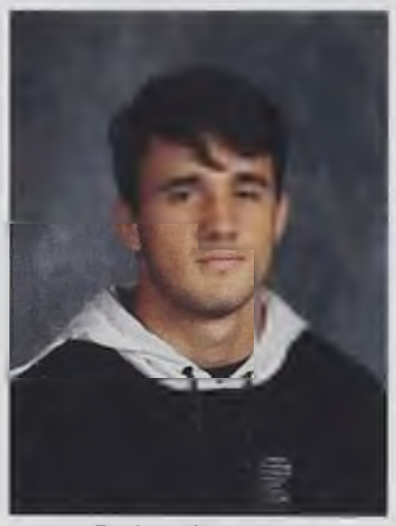
Ashley Moore

Julian Morales

Joaquin Moreno

Antonio Navarro

Skyler Nelson


Dylan Nugent

Alexandra Ocotoxtle

Michael Ondo

Maria Ortega

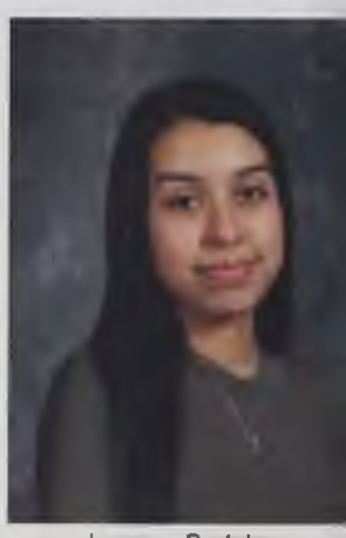
Kaleb Paceley

Dustyn Proctor

Madeline Randall

Dezaray Robinson

Makinzy Rodriguez


Joana Saldana

Cardin Sanders

Derek Santiago

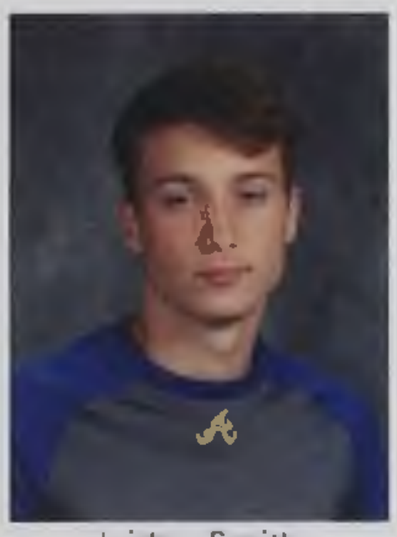
Javier Santos

Jonathan Schultz

Nathaniel Shrewsbury

Brayden Sibley

Grace Sims



Jaiden Smith

Amber Thompson

Kathryn Tokarz

Cody Vancleave

Paige Vandever

Xochilth Villa

Trevor Walls

Brianna Wendrickx

Jaycee Wilkerson

Jessica Williams

Noah Winn

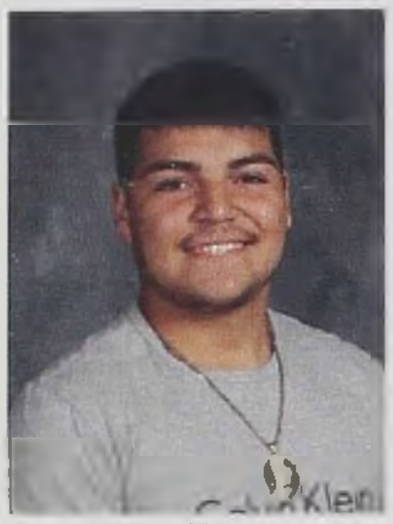
Aiden Yi

Zachary Yzaguirre

THE ONLY **COURAGE** ANYBODY EVER NEEDS IS THE COURAGE TO FOLLOW YOUR OWN **DREAMS**.

-OPRAH WINFREY

JUNIORS


Jorge Almaraz

Esmeralda Alvarez-loza

Kaymon Armour

Anthony Arteaga

Fatima Avalos

Audie Bailey

Emily Bowen

Joseph Boyd

Lexie Bradford

Alexander Bronas

Savannah Bugielski

Theadora Burt

Lourdes Cabrera

Anthony Cannon

Joseph Cano

Leonardo Cardenas

Oscar Cardenas

Logan Carlson

Chase Carroll

Camila Casas

Courtney Castrejon

Justin Chapman

Matthew Charnago

Saul Chavez

Asheli Cheek

Selena Cobb

Frankie Coulter

Holly Covelli

Jeremy Criswell

Nathan Custin

Joshua Daniels

Juan Dominguez

Christian Duh

Morgan Enochs

Emmanuel Escobedo

Joshua Espelita

Aidan Foster

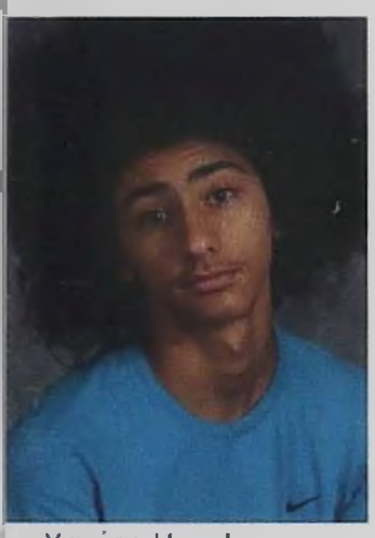
Tony Franco

Jamariah Franklin

Noah Gaddis

Mikayla Hall

Savon Harding



Xavier Henderson

Cheylyn Henry

Ayden Hernandez

Anthony Hillman

Alexander Hogan

Maria Jackson

Jamaria Lewis

Brayden Lockhart

Lizbeth Macias

Maria Martinez

Michael Mays

Tyler Mcchristian

Noemi Mendoza

Britney Miotke

Josiah Mireles

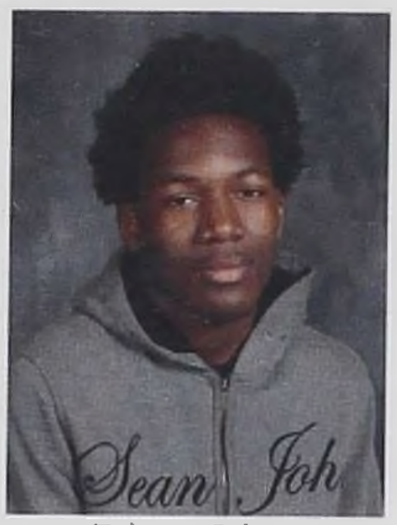
Jeremiah Moore

Adolfo Moreno

Jonarie Nieves

JUNIORS

Allura Nikollaj

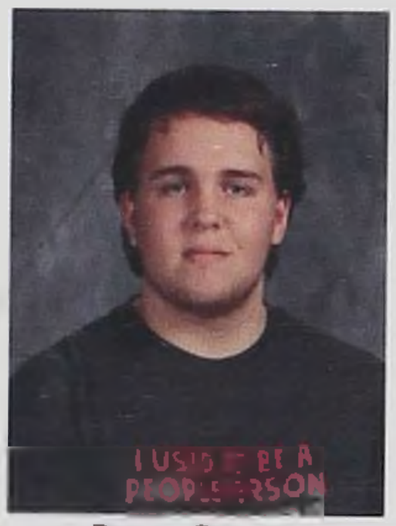

Tyjuan Oliver

Irving Ortiz

Naomi Elizabeth Perez Mendez

Joshua Perry

Helen Pointer


Bryce Proctor

Marquise Pryor

Emanuel Quiles Mercado

Estefany Ramos

Kaelin Ritley

Lois Rivera Nazario

Junayshka Romero Nazario

Diana Rosales

Alexander Rosario

Henry Russi

Larissa Sanchez

Amarion Shareef

Sarita Smith

Mercedez Soria

Ernesto Sotelo

Joseph Spano

Trinity Stiles

Joshua Swartz

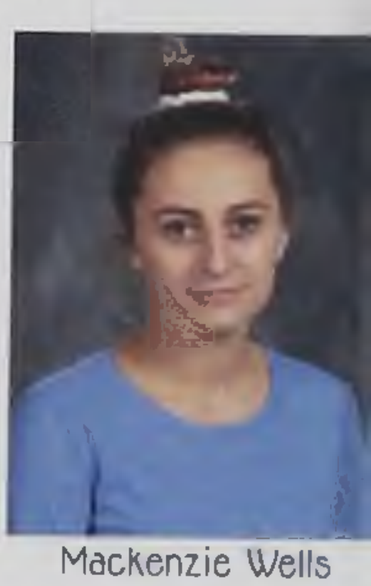
Jacquelyn Thyen

Eric Torres

Cecelia Utter

Michael Vergis

Ashanti Vibanco


Mackenzie Wells

Antonio Williams

Terrence Williams

Amari Wilson

Ronice Woodcox

Sabrina Yanez

BE SO GOOD THEY CAN'T IGNORE YOU.

- Steve Martin

Class of 2020

Yasmine Alamo

Dewayne Bailey

Shawn Barrios

Austin Bastin

Adriana Bermudez

Arianna Bermudez

Kimberly Bobczyk

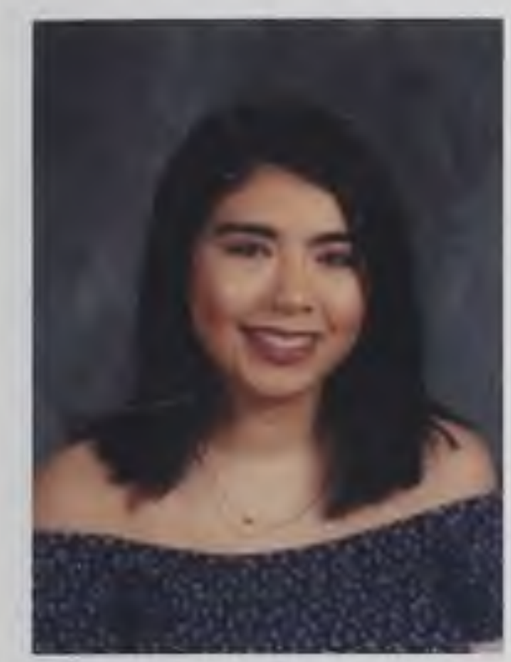
Jordan Branik

CJ Buckmaster

Visente Camacho

Aleazar Camarillo

William Cano



Chasidy Carnahan

Lesley Carrete

Guadalupe Casas Magana

Miriam Castillo

Meztli Cerda

Yesenia Cervantes

Alesia Chandler

Isai Coleman

Jedniel Diaz Valentin

Jaylan Dixon

Mya Dominguez

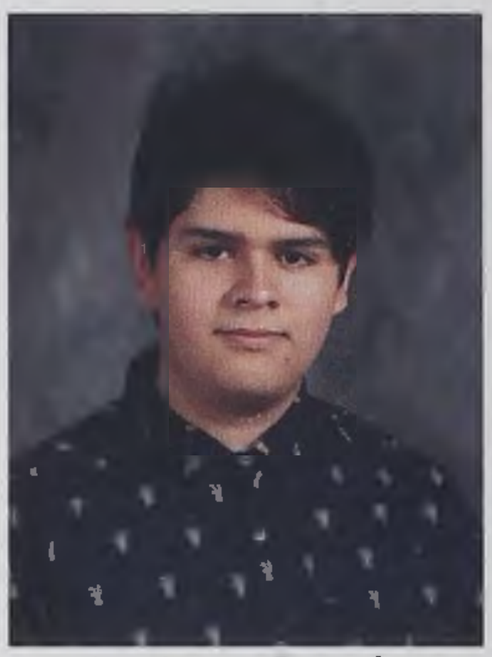
Trey Edmaiston

Class of 2020

Matthew Espinoza

Brittany Esquivel

Ivyanna Franklin

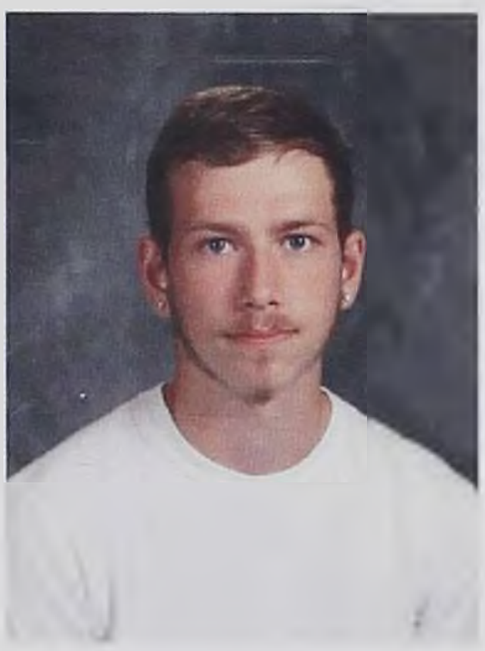

Andres Garcia

Elijah Garcia

Kyla Garcia

Serenity Garcia

Analya Gonzalez


Cody Gordon

Zachary Gray

Faith Guess

Osvaldo Guzman

Autumn Henderson

Jadon Hernandez

Alissa Jacobs

McKenna James

John Johnson

Breyonna Kalberer

Rebecca Karbowski

Hannah Kurgan

Colton Lee

Aaliyah Lopez

Ariana Macias

Tatyana Madrigal

CLASS OF 2020

Robert Mccormick

Leslie Medina

Emmanuel Mendoza

Elexiyah Mercado

Alexis Miller

Samantha Mireles

Jose Morales

Moncerath Morales

Philip Mores

Meagan Morrin

Jalen Motley

Christopher Mullen-Hardesty

Stephen Nelson

Jasmine Newsome

Piper Neyhart

Riley Obermeyer

Tyler Oliver

Nicholas Olovich-Lebioda

Hayley Otano

Seth Padro

Kiam Peartree

Kimberly Pinto-avalos

Rachel Pratchett

Cheyenne Reno

Class of 2020

Ava Richard

Tabitha Ritley

Antonio Rodriguez

Paul Roop

Isaac Sanchez

Kaylee Sanchez

Kaylee Sanchez

Nicolas Sanchez

Teague Sanders

Paul Schultz

Cheyenne Smith

Antonio Soria

Kaizha Stephens

Taygen Stevens

Jared Stiles

Jayveon Triplett

Jeremiah Walker

Marlin Walker

Jonathan Wilson

Janet Winters

Zayden Yost

STAFF

M. Alvarez

B. Ast

M. Bacon

H. Barkauskas

T. Blanton-fazekas

D. Briggs

J. Castro

M. Catania

R. Chavez

C. Cullison

L. Erickson

B. Flory

V. Flowers

J. Galindo

K. Gallagher

P. Galligan

B. Gilliland

R. Guel

G. Hale

D. Howard

T. Hunter

T. Lyons

P. Mastej

L. Mischke

J. Moore

A. Nikollaj

E. Nunez

M. Perez

J. Phillips

R. Pitcock

L. Ralph

K. Ralston

M. Ramirez

A. Scheidtm

T. Shepard

T. Sotelo

D. Stobie

R. Summerville

P. Thompson

V. Torres

L. Valenzuela

J. Wasmundt

M. Wendell

A. Wielgus

D. Wood

CLASS OF 2019–2020

HALLOWEEN

Students having fun and dressing up for Halloween at River Forest High School.

Mr. Horka, Mr. Pitcock, and Mr. Wielgus having a great time at the Trunk-or-Treat in the River Forest parking lot.

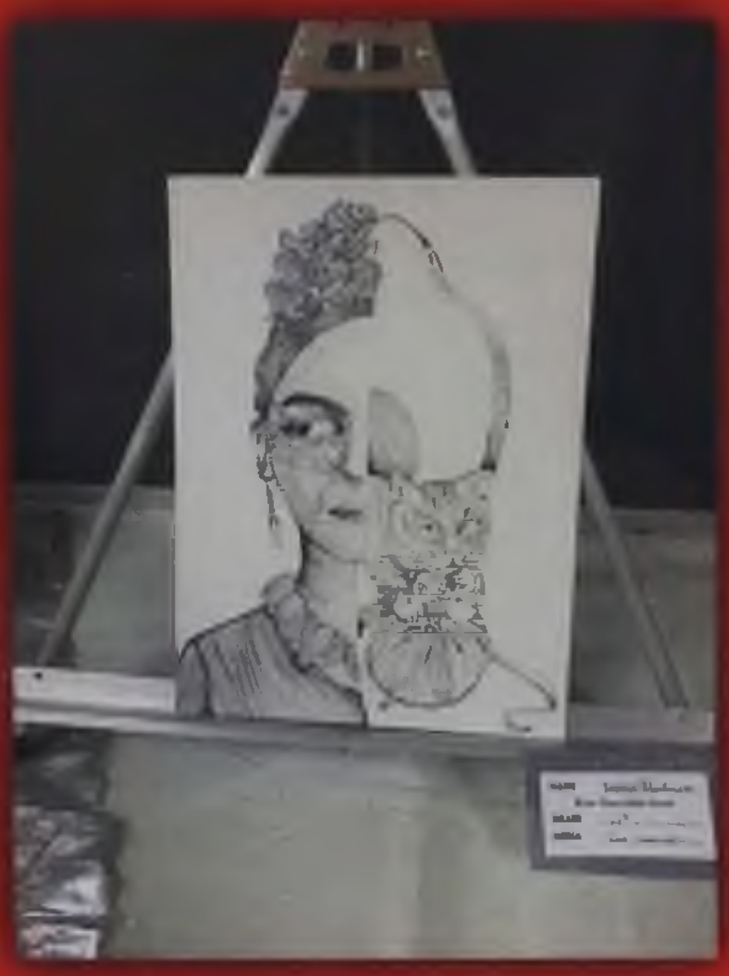
Trunk-or-Treat

Fall Pep Rally

Veteran's Day

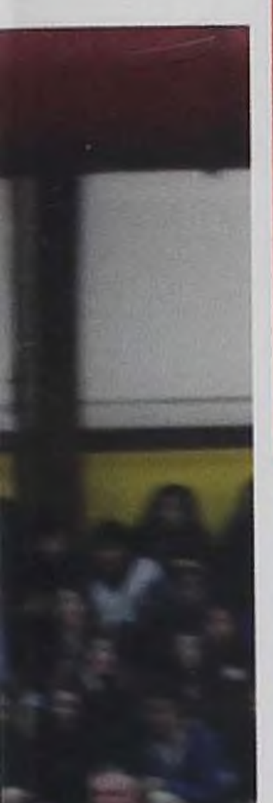
Christmas Assembly

Express Yourself: Artwork by Some of River Forest's Finest



STUDENT LIFE

SPIRIT



WEEK

The River Forest Band was led by Ms. Flory and Mr. Wasmundi. The band performed at concerts, football games, and basketball games.

GOLDEN INGOT PRIDE

Left: Freshman Jesus Camanilo prepares for the game. Below: Megan Bucko plays drums during the halftime show before returning to the game. The River Forest band was also accompanied by the Auxiliary team.

Trinity Stiles takes a break from cheering to play with the band.

MARCHING BAND

Left: The River Forest Band performs for the home crowd. Below: Freshman Xavier Torres warms up his trumpet before the game.

Choir

The River Forest Choir serenades the middle school and high school as part of the annual Holiday Assembly.

Marlin Walker impresses all of the students with his wide range during his solo.

Choir students pose for Red and Gold day during Spirit Week.

River Forest Choir

SENIOR SPOTLIGHT

MARLIN WALKER

Years in choir

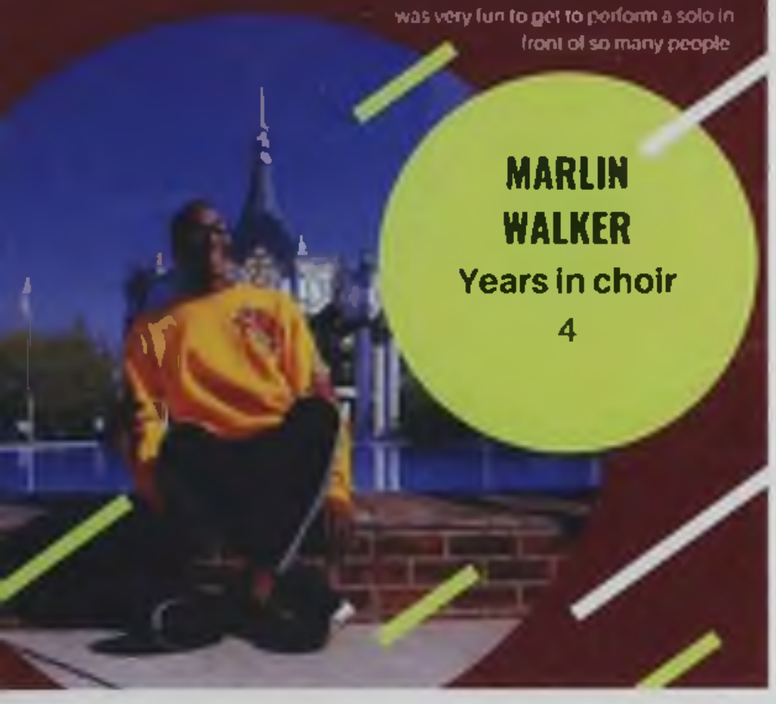
4

Plans for next year

Next year I plan to study Neuroscience at Indiana University Bloomington.

Favorite Choir memory

although there are way too many to choose from, would have to be playing Hamilton freshman year because it was very fun to get to perform a solo in front of so many people



River Forest Choir

SENIOR SPOTLIGHT

MONCERATH MORALES

Years in choir

5 1/2

Plans for next year

Going to Valparaiso University to study political science

Favorite Choir memory

Performing Hamilton my freshman year. The theatrics were so much fun, and being Aaron Burr was a blast.

River Forest Choir

SENIOR SPOTLIGHT

TREY EDMAISTON

Years in choir

6

Plans for next year

I plan to continue being the best me I can be

Favorite Choir memory

ISSMA Contest sophomore year

River Forest Choir

SENIOR SPOTLIGHT

SAMANTHA MIRELES

Years in choir

2

Plans for next year

I plan to work at a hotel next year

Favorite Choir memory

the saint marys trip :)

River Forest Choir

SENIOR SPOTLIGHT

TAYGEN STEVENS

Years in choir

6

Plans for next year

attend ivy tech to get my associates degree in computer science

Favorite Choir memory

sophomore year because I had the most confidence and tried out for all solos and even got my first solo

River Forest Choir

SENIOR SPOTLIGHT

HANNAH KURGAN

Years in choir

2

Plans for next year

I plan on going to college for nursing

Favorite Choir memory

just being in class, being able to be goofy and express myself through my singing

River Forest Choir

SENIOR SPOTLIGHT

REBECCA KARBOWSKI

Years in choir

5

Plans for next year

I plan on going to collage to be a vet

Favorite Choir memory

when the bee was in the classroom and Jacob threw my whole folder across the room and when we went to 6 flags

River Forest Choir

SENIOR SPOTLIGHT

TEAGUE SANDERS

Years in choir

6

Plans for next year

I want to continue choir in college, however I'm not 100% sure what college yet

Favorite Choir memory

when Mr Ladd was here and Ericlson would be doing random things such as putting on the dinosaur masks and dancing behind him. We always had a fun time.

Photo credit for Senior Spotlights: Lauren Erikcson

FOOTBALL

Back Row (L to R): Coach Jacob Diaz, Coach Mark Zimmerle, Coach Mark Hidalgo, Coach John Hall, Coach Joe O'Connell 4th Row: Ashton Bailey, Dennis Hurn, Matthew Espinoza, Javyon Tripplet, Zachary Yzaguirre, Christian Dew, Ethyn Silver, Ceaser Cardenas, Kethan Bradford 3rd Row: Jorge Almaraz, Dylan Nugent, Saul Montes, Paul Schultz, Jeremiah Walker, Ayden Hernandez, Jaiden Smith, Nathan Paceley, Michael Ondo, Tyler McChristian, 2nd Row: Deon Hurn, Cameron Jansen, Corrie Covelli, Curtis Hosea, Xavier Dominguez, Savon Harding, Antonio Soria, Travis Randolph, DeJohn Wright, Front Row: Alejandro Ramirez, Alexander Hogan, Megan Bucko, Jose Alvarez, Leo Thole, Jordan Branik, Hayden Hall, Caleb Paceley

Seniors Jeremiah Walker (left) and Matthew Espinoza (right)

RIVER FOREST VOLLEYBALL

VARSITY

Back Row (L to R): Coach David Herring, Mikayla Hall, Meagan Morrin, Yesenia Cervantes, Jamaria Lewis, Assistant Coach Jenn Karagiannakis
Middle Row (L to R): Emily Bowen, Mercedes Soria, Amber Thompson, Angelyna Arizmendez, Alesia Chandler
Front Row (L to R): Allura Nikollaj, DeAndrea Franklin, Rachel Pratchett, Alexis Miller, Sarita Smith, Ivyanna Franklin

C TEAM

Back Row (L to R): Coach David Herring, Josie Kissel, Coach Jenn Karagiannakis
Middle Row (L to R): Cortaysha Pratchett, Andrea Flowers, Natalie Muholland, Laci Benain
Front Fow (L to R): Alondra Aguilar, Mickayla Herrera, Madison Whitmore

JUNIOR VARSITY

Back Row (L to R): Coach David Herring, Amber Thompson, Laci Benain, Josie Kissel, Coach Jenn Karagiannakis.
Middle Row (L to R): Madison Whitmore, Cortaysha Pratchett, Alexus Alvarez, Claudia Martinez, Mercedes Soria, Angelyna Arizmendez
Front Row (L to R): Cindilyn Cordero, Jonarie Nieves, Mickalya Herrera, Sabrina Yanez, Aiyanie Troutman

OUR FAMILY

grows beyond the court, we make friendships that last a lifetime. Volleyball is more then a sport, it's a lifestyle. The teams are more than a team, they are a family.

Volleyball has its ups and downs, sometimes they players wanna quit, give up, but they live for the sport. The game of hitting, spiking, and serving is harder then you think. "There are many times where I'm on the court and feel like just taking off my knee pads and going home" says Mickayla, a player who is part of two out of the three teams here at River Forest. Every team has there bad seasons and good season. 2019 was a good season. Each player did not give up and did their best.

SPORTS·MAN·SHIP

/spôrtsmənSHip/
noun
fair and generous behavior or treatment of others, especially in a sports contest.

Coach David Herring and Junior Allura Nikollaj received sportmanship awards from the IHSAA. Their exemplary behavior on and off the court shines like Ingot gold.

Definition from Oxford Languages.

CHEER 2020

Junior Varsity Cheer.
Back Row (L to R): Josephine Kissel, Coach Nicole Kras, Kyla Kras
Middle Row (L to R): Hailey Builta, Andrea Flowers, Laci Benain, Mickayla Herrera
Front row (L to R): Isabel Hernandez, Citlaly Almaraz, Loralye Silver.

Varsity Cheer
Back Row (L to R): Courtney Castrejon, Trinity Stiles, Tatyana Madrigal, Coach Nicole Kras
Middle Row (L to R): Sabrina Yanez, Jamariah Franklin, Hannah Kurgen, Angelyna Arizmendez, Aiyanie Troutman
Front Row (L to R): Diana Rosales, Cindilyn Cordero, Cheylyn Henry, Jonarie Nieves, Sarita Smith, DeAndria Franklin

A TROPHY
CARRIES DUST.
MEMORIES
LAST FOREVER.

-- Mary Lou Retton

Auxiliary

On the last day of Homecoming Week, the Auxiliary team leads the band as they snake through the halls playing the school song "On Wisconsin." The students were hyped up and ready for the basketball game within the following hours.

Back Row (L to R): Mya Huskisson, Coach Lindsey Gaffner, Faith Guess
Front Row (L to R): Natalie Mulholland, Marlin Walker, Cortaysha Pratchett, Mikayla Hall, Jamie Cruz, Lillian Ferguson.

Above: Senior Marlin Walker takes center stage. Right: During their Disney performance, the team lifted up Jamie Cruz to reenact the scene from the movie *The Lion King.* Below: All of the members of the team line up for their performance at the Christmas assembly.

Back Row (L to R): Coach Michele Warshall, Ayana Watts, A'Mya Hall, Lizbeth Macias, Fatima Avalos, Kyla Garcia, Coach Michael Burns
Middle Row (L to R): Jessica Ortiz, Serenity Garcia, Abigail Witt, Andrea Naranjo, Megan Bucko
Front Row (L to R): Cheylyn Henry, Loralye Silver, Lilee Bulthuis, Wendy Arana, Samiah Garcia, Amelia Baez

GIRLS SOCCER

BOYS SOCCER

Back Row (L to R): Teague Sanders, Coach Jose Angulo, Jovani Castrellon, Christopher Mullen-Hardesty, Osvaldo Guzman, Joshua Coleman, Coach Robin Hernandez

Middle Row (L to R): Christopher Castrellon, Juan Dominguez, Jordan Cleveland, Isai Coleman, Anthony Rodriguez, Carlos Sinaloa

Front Row (L to R): Anthony Garcia Vargas, Jullian Sivak, Joshua Espelita, Adrian Cerda, Mario Pinto-Avalos

BOYS' TENNIS

Back Row (L to R): Osvaldo Guzman, Austin Bastin, Marlin Walker, Christopher Mullen-Hardesty, Coach Rodney Thompson

Front Row: Eathan Faust, Shawn Barrios, Andrew Swierc, Nathan Custin

CROSS COUNTRY

Back Row (L to R): Dewayne Bailey, Marlin Walker, Coach Lauren Erickson, Lucas Mullen-Hardesty, Zackary McAllister
Front Row (L to R): Rachel Pratchett, Cortaysha Pratchett, Tatyana Madrigal, Citlaly Almaraz

Left: Senior Rachel Pratchett with her sister Cortaysha Pratchett. Right: Senior Tatyana Madrigal

GIRLS' Basketball

Varsity Girls' Team
Back Row (L to R): Vannessa Avalos, Coach Bethany Galligan, Coach Brad Redelman, Coach James Witt
Middle Row (L to R): Mikayla Hall, Yesenia Cervantes, A'Mya Hall, Madison Whitmore, Abigail Purtee
Front Row (L to R): Aiyanie Troutman, Lesley Carrete, Angelina Arizmendez, Ayana Watts, Tranika Randolph, Abigail Witt

“CHAMPIONS KEEP PLAYING UNTIL THEY GET IT RIGHT.

BILLIE JEAN KING”

Junior Varsity Girls' Team
Back Row (L to R): A'Mya Hall, Vanessa Avalos, Coach Bethany Galligan, Coach Brad Redelman, Coach James Witt, Ashley Alvarez
Middle Row (L to R): Ayana Watts, Tranika Randolph, Kyla Kras, Abigail Purtee, Madison Whitmore
Front row (L to R): Citlaly Almaraz, Nevaeh Jimenez, Angelyna Arizmendez, Jakayla Johnson, Abigail Witt, Aiyanie Troutman

Boys' BASKETBALL

Junior Varsity Boys' Basketball Team
Back Row (L to R): Michael Ondo, Cardin Sanders, Michael Mays, Coach Sam Toporski
Middle Row (L to R): Dennis Hurn, Kobe Galligan, Travis Randolph, Kyron Mathews, Jason Johnson
Front Row (L to R): DaMaurion Mabone, Andrew Swierc, Saul Montes, Keystin Gunter, Joshua Coleman, Caleb Johnson

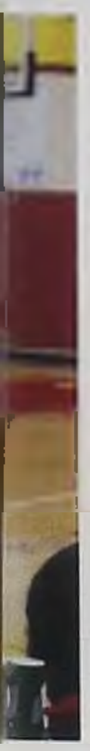
BASKETBALL

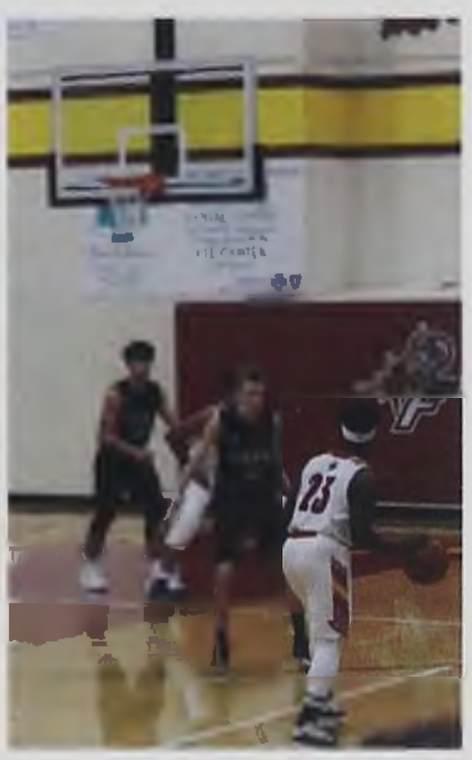
Varsity Boys' Basketball Team

Back Row (L to R): Coach Sam Toporski, Cardin Sanders, Eric Price, Austin Bastin, Coach Derrick Milenkoff

Middle Row (L to R): Michael Ondo, Kobe Galligan, Kyron Mathews, Dennis Hurn

Front Row (L to R): Curtis Hosea, Saul Montes, Jason Johnson, Keystin Gunter, Savon Harding





The team captains were Dylan Nugent, Ethyn Silver, and Jeffrey Bailey. All three of these boys are sophomores. They had led the team with tons of encouragement and leadership, as they all talk very well about their season, ending in every tournament or invitational with many placings in the rankings. "Anyone who never fails never tries," says a quote from an unknown person. The boys always kept that quote in the back of their head when they would be training for their next opponent.

The River Forest Varsity Wrestling Team had finished their season with a 20-1 record. Going against a lot of challenging schools, they always wrestled to their best, always trying their hardest, and running a various amount of moves to receive their win. The one loss was close with an ending all around score of 36-33 to the Griffith Panthers.

Wrestling Team,. Back Row (L to R): Coach Mark Hidalgo, Jaiden Smith, Nathan Paceley, Ethyn Silver, Ashton Bailey, Tyler McChristian, Coach Brian Williams
Middle Row (L to R): Andrew Vargus, Jared Stiles, Xavier Dominguez, Antonio Williams, Jeffery Szakacs, Dylan Nugent, Jorge Almaraz, Liam Ferguson
Front Row (L to R): Deon Hurn, Jose Alvarez, Isaiah Henderson, Jonathan Schultz, Alexander Hogan, Alejandro Ramirez, Jeffrey Bailey, Hayden Hall, Kaleb Paceley.

WRESTLING

Through every toss, every move, every pin, there was perseverance and hard work as the boys' main drive.

WRESTLING WAS LIKE STAND-UP COMEDY FOR ME. EVERY NIGHT I HAD A LIVE AUDIENCE OF 25,000 PEOPLE TO WIN OVER. MY GOAL WAS NEVER TO BE THE LOUDEST OR THE CRAZIEST. IT WAS TO BE THE MOST ENTERTAINING. – Dwayne Johnson

GOLF

GIRLS' GOLF

Someone We'll Never FOREget

"It was fun to play with talented girls from all around the area," stated Rachel Pratchett, as she fondly recalled this golf season. She's currently the only member on the team, but that hasn't stopped her from making River Forest proud, as she is the first to play in Girls' Golf in school history. Pratchett made 2nd team all conference this year, furthering her amazing accomplishments. While graduation is on the horizon marking the end of Rachel's high school golf career, she is fully committed to keeping golf a part of her life.

Senior Rachel Pratchett's 2019 Homecoming ride

"SUCCESS IN GOLF DEPENDS LESS ON STRENGTH OF BODY THAN UPON STRENGTH OF MIND AND CHARACTER." ARNOLD PALMER

Girls' Golf 2019
Coach Matt Wendell
and Rachel Pratchett

BOY'S GOLF

"Sometimes when you get disappointment it makes you stronger."
David Rudisha

The Season that Never Was

Nothing can replace a lost season. March 2020 our lives changed. Boys' golf never had a 2020 season. But we believe the story doesn't end here. We know the boys' team will return again stronger than ever in seasons to come.

YEAR IN REVIEW

JULY 7 - FIFA Women's World Cup Won by the United States, defeating Netherlands 2-0.

SEPTEMBER 23 - Greta Thunberg Speaks During the UN Climate Action Summit in New York.

JUNE

JUNE 16 - People march in the streets to oppose the proposed extradition bill.

JULY

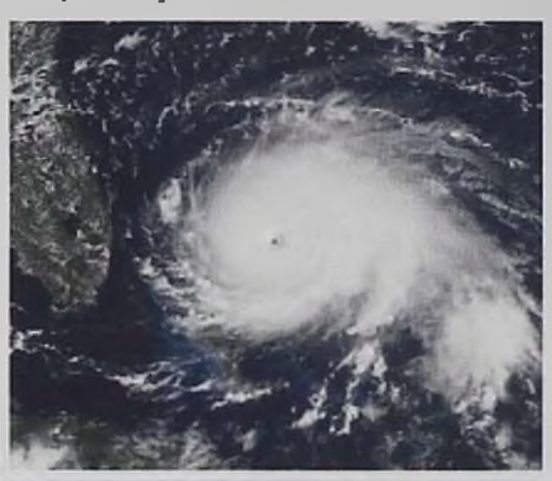
JULY 2 - Total solar eclipse.

AUGUST

AUGUST 3 - Protests in Moscow continued as people fought for free and fair elections.

SEPTEMBER - OCTOBER

SEPTEMBER - Hurricane Dorian category 5 was the most intense tropical cyclone to hit the Bahamas.



JUNE 26 - San Francisco becomes the first U.S. city to ban e-cigarette sales.

JULY 24 - Boris Johnson elected Prime Minister of Great Britain.

AUGUST 23 - Protesters in Hong Kong formed a human chain to show solidarity among the citizens.

SEPTEMBER 24 - House of Representatives announce opening of formal impeachment of President Trump.

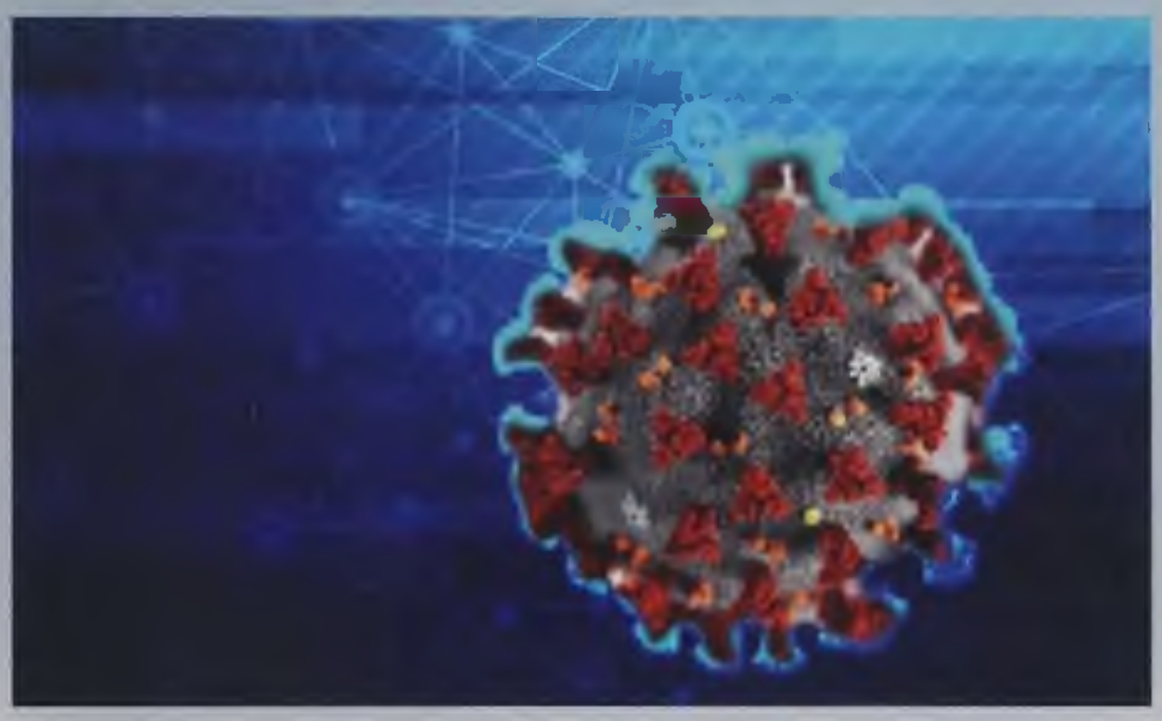
JUNE 30 - President Trump meets Kim Jong Un and is the first U.S. President to step into North Korea to arrange a nuclear deal.

JULY - Lil Nas X "Old Town Road" breaks record by being in its 17th week at the top of Billboard's 100.

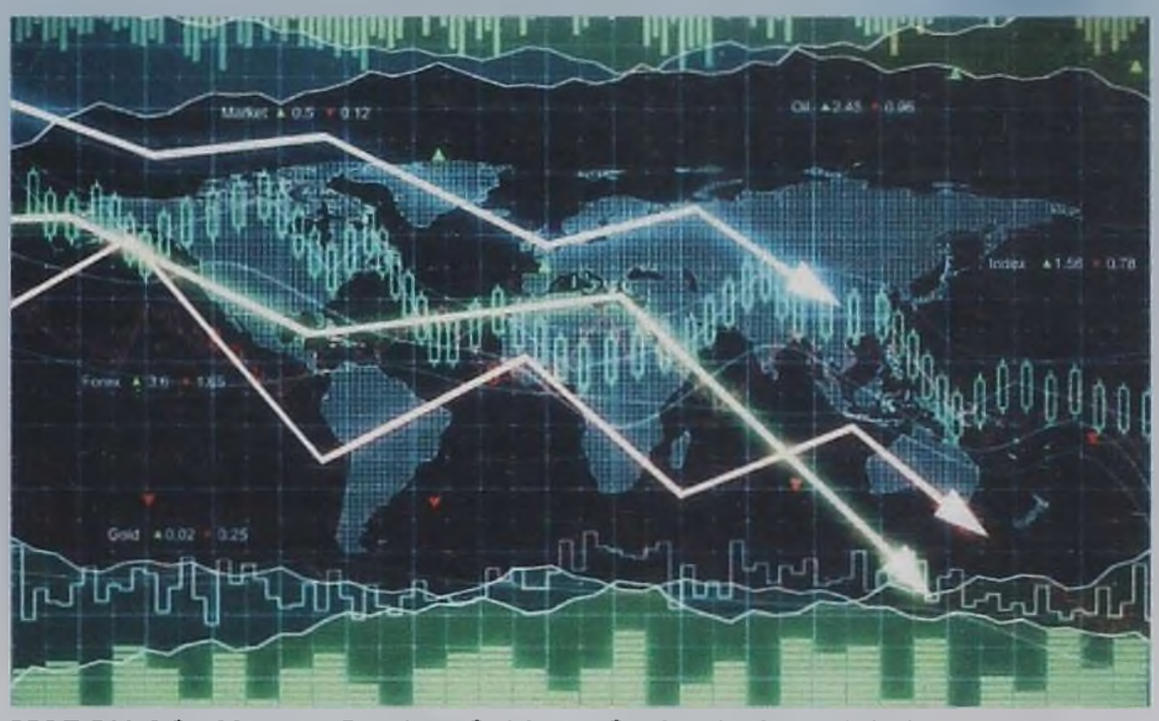
AUGUST 24 - Brazil's leader sent the army to go fight the fire that has taken hold of the Amazon.

OCTOBER 30 - Washington Nationals win the World Series.

2019 – 2020



JANUARY 30 - The World Health Organization declared the COVID-19 outbreak a "public health emergency of international concern". The outbreak started in Wuhan, Hubei Province, China.

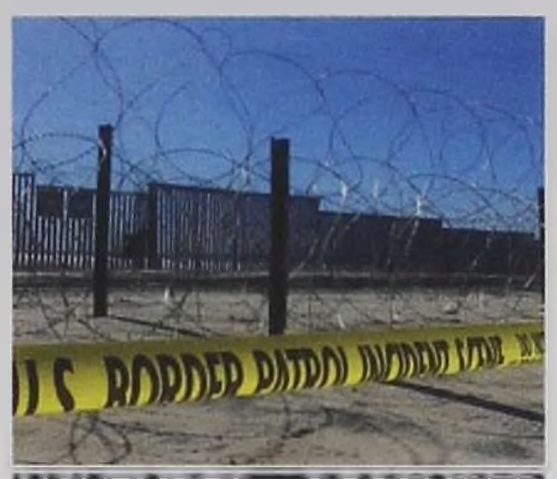


MARCH 16 - Morgan Stanley, Goldman Sachs declare global recession is underway.

NOVEMBER 8 - Women's Soccer Players fight for equal pay.

NOVEMBER

NOVEMBER - The Department of Homeland Security issued a rule preventing migrants from being granted asylum if they passed through any country other than their own before arriving in the US.



NOVEMBER – DECEMBER

JANUARY 26 - Kobe Bryant and daughter Gianna killed in a helicopter crash.

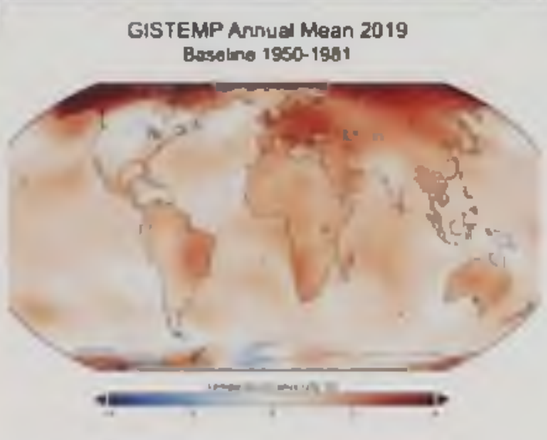
JANUARY – FEBRUARY

FEBRUARY 2 - Kansas City Chiefs win Superbowl 54.

FEBRUARY – MARCH

NOVEMBER 13 - Venice, Italy floods are the worst in 50 years.

DECEMBER 18 - The House votes to impeach President Trump.



FEBRUARY 19 - NOAA states 2019 is the second warmest year. The past 5 years are the warmest of the last 140 years.

FEBRUARY 19 - Prince Harry and Meghan Markle announce leaving the British royal family.

NOVEMBER 26 - PresidentTrump signs animal cruelty act into law.

DECEMBER 31 - Australia experiences a record-breaking heat wave and its worst drought in decades.

FEBRUARY 5 - President Trump acquitted of impeachment by the Senate.

MARCH 11 - The World Health Organization declared COVID-19 a pandemic.

PHOTO CREDITS: FIFA Women's World Cup: Wikimedia; People March: Wikimedia; No Smoking: Wikipedia; President Trump and Kim John Un: Wikimedia; Total Solar Eclipse: Wikipedia; Boris Johnson: Wikipedia; Lil Nas X: Wikipedia; Protests in Moscow: Shutterstock; Protesters in Hong Kong: Shutterstock; Amazon Rainforest: Wikipedia; Hurricane Dorian: Wikipedia; Greta Thunberg: Shutterstock; House of Representatives: Wikipedia; Nationals: Shutterstock; Soccer Players: Shutterstock; Venice Floods: Shutterstock; Dog: Shutterstock; U.S. Border: Shutterstock; House Votes: Shutterstock; Australia Drought: Shutterstock; Kobe Bryant Crash: Wikipedia; COVID-19: Wikipedia; Recession: Fortune, Shutterstock; NOAA Heat Map: Wikimedia; President Trump: Wikimedia; Kansas City Chiefs: Shutterstock; Prince Harry and Meghan Markle: Wikimedia; COVID-19 Pandemic: Shutterstock.

COVID-19

a global pandemic

Coronavirus disease 2019 (abbreviated COVID-19) is a respiratory disease which started in Wuhan City, Hubei Province, China. The first infections were linked to a live animal market, but the virus is now spreading from person-to-person. The virus that causes COVID-19 seems to be spreading easily and sustainably in the community ("community spread") in some affected geographic areas. Community spread means people have been infected with the virus in an area, including some who are not sure how or where they became infected. There is an incubation period of 14 days, which means people who have been exposed to the contagious disease must isolate themselves for 14 days before being around people to prevent infecting them. Someone who has been released from COVID-19 quarantine is not considered a risk for spreading the virus to others because they have not developed illness during the incubation period. Reported illnesses have ranged from very mild (including some with no reported symptoms) to severe, including illness resulting in death. Older people and people of all ages with severe chronic medical conditions – like heart disease, lung disease and diabetes, for example – seem to be at higher risk of developing serious COVID-19 illness.

Symptoms may appear 2-14 days after exposure (based on the incubation period of MERS-CoV viruses).

- Fever
- Cough
- Shortness of breath

Confirmed COVID-19 cases in 197 countries

as of March 25, 2020, World Health Organization

New Covid-19 Cases Announced in the U.S. Each Day

December 31, 2019
The World Health Organization (WHO) was first alerted to several cases of "pneumonia" in Wuhuan, China.

January 7, 2020
WHO confirms they have identified a novel coronavirus eventually named COVID-19.

January 20, 2020
Washington State reported the first case of the new coronavirus in the United States in a man who had returned from Wuhan, China.

February 21, 2020
Italy outbreak begins and eventually surpasses China in number of cases.

SOURCES: CDC.gov, CNN and Statistica.com.

KNOW HOW IT SPREADS

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
The virus is thought to spread mainly from person-to-person.
Between people who are in close contact with one another (within about 6 feet).
Through respiratory droplets produced when an infected person coughs or sneezes.
These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

Wash Your Hands
Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry. Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid Close Contact
Avoid close contact with people who are sick. Put distance between yourself and other people if COVID-19 is spreading in your community. This is especially important for people who are at higher risk of getting very sick.

Cover Coughs & Sneezes
Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow. Throw used tissues in the trash. Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

Wear a Face Mask if You're Sick
If you are sick: You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then you should do your best to cover your coughs and sneezes, and people who are caring for you should wear a facemask if they enter your room. Learn what to do if you are sick.
If you are NOT sick: You do not need to wear a facemask unless you are caring for someone who is sick (and they are not able to wear a facemask). Facemasks may be in short supply and they should be saved for caregivers.

Clean & Disinfect
Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks. If surfaces are dirty, clean them: Use detergent or soap and water prior to disinfection.

March 13, 2020
US National Emergency Declared.

March 22, 2020
One third of the US is under lock down with stay-at-home orders.

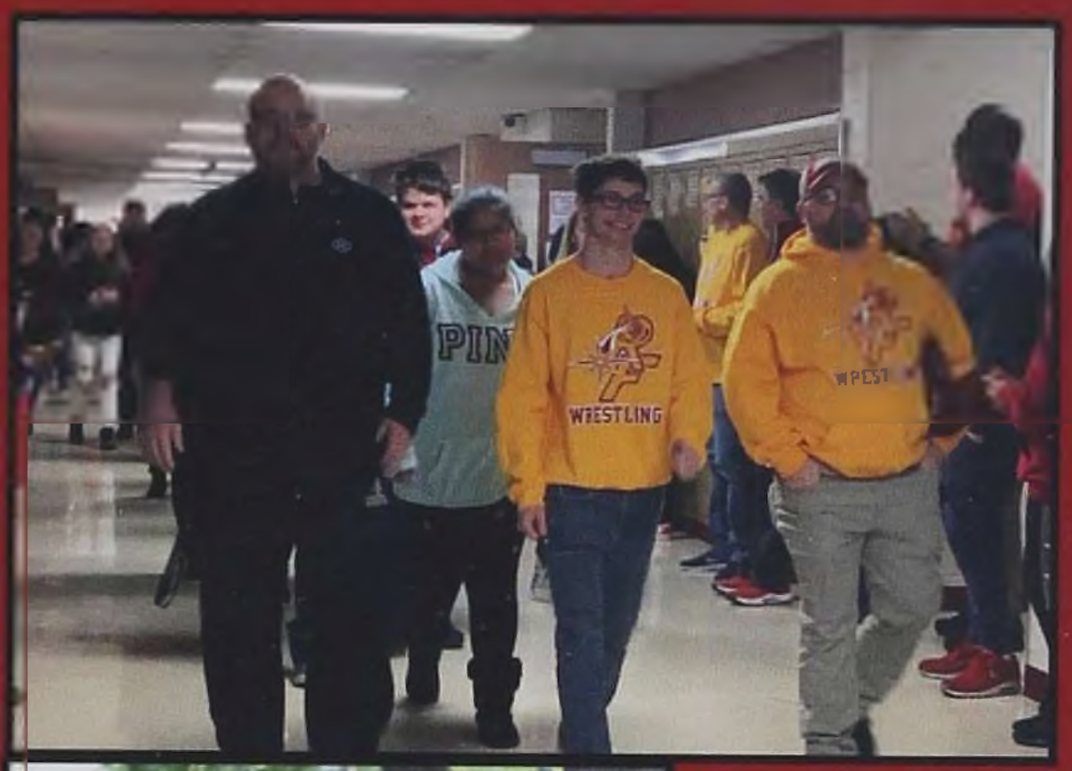
March 24, 2020
Over 400k global cases confirmed across 197 countries. Many of which have mandated social distancing or lockdowns to "flatten the curve" in an attempt to slow the spread and avoid overwhelming their healthcare systems.

March 25, 2020
Many countries introduce economic stimulus packages to help unemployed people and struggling businesses impacted by the lock-downs. including a record $2 trillion package in the US.

The Heart of RF

River Forest students love spirit week. Lots of people go all out on Friday and cover themselves in cardinal and gold. The most school spirit, though, is shown at pep rallies when each class yells out their battle cry in an attempt to be louder than all other classes. Most of the time, the seniors win, as they did this year (pictured at the top right).

The senior class yells their last battle cry as loud as they can at a pep rally to beat other classes.



Above: Sophomore **Jeffrey Bailey** walks down the hallway before going to state for wrestling.
Left: freshmen **Madison Whitmore** and **Josephine Kissel** sit in the court yard.

Left: Auxiliary members **Faith Guess** (L) and **Mikeyla Hall** (R) dance in front of the school for a pep rally. Below: **Tatyana Madrigal** smiles at the crowd of students.

A group of students dress in beachwear for spirit week.

Junior **Juan Dominguez**

In front: Seniors **Samantha Mireles** and **Trey Edmalston**

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Life On Pause